

Full Report (All Nutrients) 45107149, ZATARAIN'S, CHICKEN CARBONARA, CAJUN-STYLE, UPC: 071429012677
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Report Date: June 09, 2017 11:29 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

Nutrient	Unit	Data points	Std. Error	297.0 g 297g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	490	165
Protein	g	--	--	22.99	7.74
Total lipid (fat)	g	--	--	19.01	6.40
Carbohydrate, by difference	g	--	--	56.99	19.19
Fiber, total dietary	g	--	--	2.1	0.7
Sugars, total	g	--	--	9.00	3.03
Minerals					
Calcium, Ca	mg	--	--	199	67
Iron, Fe	mg	--	--	2.70	0.91
Sodium, Na	mg	--	--	1051	354
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	1.2	0.4
Vitamin A, IU	IU	--	--	499	168
Lipids					
Fatty acids, total saturated	g	--	--	7.009	2.360
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	50	17

Amino Acids
Other
Ingredients

ENRICHED MACARONI PRODUCT (DURUM WHEAT SEMOLINA, IRON, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BLACKENED SEASONED GRILLED CHICKEN TENDERS (CHICKEN TENDERS, WATER, BLACKENED SEASONING [SALT, SPICES {INCLUDING RED PEPPER AND PAPRIKA}, SOY PROTEIN ISOLATE, MODIFIED POTATO STARCH, SODIUM PHOSPHATE, CORN STARCH, ONION, CARRAGEENAN, GARLIC, EXTRACTIVES OF OREGANO, SOY LECITHIN]), HALF AND HALF (MILK, CREAM), SWEET DAIRY WHEY, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), FULLY COOKED BACON (BACON [CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATES, SODIUM

ERYTHORBATE, SODIUM NITRITE)), RENDERED BACON FAT, HEAVY CREAM SAUCE (SHORTENING POWDER [SOYBEAN OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO & DIGLYCERIDES], MALTODEXTRIN, SWEET CREAM SOLIDS, SALT, SUGAR, GARLIC POWDER, LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE, LEMON OIL], NATURAL BUTTER FLAVOR), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVOR, BHA & BHT ADDED TO PROTECT FLAVOR, VITAMIN A PALMITATE AND VITAMIN D3 ADDED), CHEESE FLAVOR (A DEHYDRATED BLEND OF ROMANO CHEESE [PART-SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES], SODIUM PHOSPHATE), DRY BUTTERMILK, CHEESE FLAVOR (A DEHYDRATED BLEND OF PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, SALT), MODIFIED CORN STARCH, GREEN ONION, SEA SALT, CORN MALTODEXTRIN, CANOLA OIL, YEAST EXTRACT, SPICES (INCLUDING RED PEPPER, WHITE PEPPER), GRANULATED GARLIC, XANTHAN GUM, CHILI POWDER (CHILI PEPPERS, SPICES , SALT, GARLIC POWDER), GRANULATED ONION, PAPRIKA. *Date Last Updated by Company: 05/16/2016*